

MARYMOUNT PT ALUMNI NEWSLETTER

STAY CONNECTED

@MARYMOUNTPT



MARYMOUNT UNIV.
PT ALUMNI



SAVE THE DATE

- **MU clinic and alumni appreciation night- Thursday, Oct 12**
- **Con Ed Courses: IASTIM Sept 23-24**
smarttoolsplus.com
- **Kinesiotape course Oct 21-22**
kinesiotaping.com
- **MU alumni happy hour CSM New Orleans Friday Feb 23, 2018**
- **MU 5k April 14, 2018**

CHAIR'S MESSAGE



CATHY AND SKYE HAVING FUN WITH THE SOLAR ECLIPSE

Dear Alumni and Friends of MU-

Another year is upon us and this year we welcome the Class of 2020! Isn't that amazing? We admitted 40 students from across the nation and the faculty and staff are ready for another exciting year ahead.

Some highlights of last year (aside from launching this newsletter) were reuniting with alumni in Boston, hosting departmental Grand Rounds, networking at CSM and NEXT, and exploring a new location for our service

learning trip. On the University level, Marymount is embarking on a new initiative with the creation of the Saints Center for Service. The University put forward a 10 year plan to empower students for service, we look forward to being a part of this and hope alumni will collaborate with the Department's efforts. Go Baby Go and the Northern VA Falls

Prevention grant remain important projects in the program. I am in continual awe at how much Marymount PT has impacted the community. In looking at the grant alone, this past year, 29 evidence-based falls prevention programs (A Matter of Balance or SAIL) have started across 19 different sites; and 185 individuals have been trained to deliver these programs. Information about this initiative can be found on the website novafallsprevention.com. As always, faculty look forward to hearing updates from YOU and hope you find a reason to visit us.



MU PT STUDENTS ATTEND 2017 NEXT CONFERENCE

THE NEW GOOSE:

The Blue Goose has officially been replaced by 2 beautiful state-of-the-art buildings. One is for academics and the other is a residential building with apartments for MU students. Please stop by for a tour. The courtyard between the 2 buildings is now home to historic markers detailing the history of the Blue Goose. The PT department continues to inhabit the 4040 N Fairfax location but we are thrilled to have this gorgeous facility as part of our University.



FACULTY NEWS

Julie Ries: developed and is teaching a con-ed course "Rehabilitation for Older Adults with Dementia: Maximizing our Impact". She has already presented in Cherry Hill NJ & Madison WI in July, and is scheduled in New Rochelle NY in November. She has 5 dates scheduled for 2018. She is also presenting at American Health Care Association / National Center for Assisted Living Annual Conference on October 15, 2017 in Las Vegas and at CSM.

Kelly Negley received a \$5000 grant to work on a portable harness project with Jason for children with mobility challenges but more importantly she had a beautiful baby girl born on Dec 26th, 2017.



Mabel Elizabeth Negley

Marwan Kublawi recently was awarded his OCS, and is hosting a pre-con course "Trust in Your Thrust! Implementing High Velocity Techniques into Your Practice" at CSM in New Orleans in 2018.

Skye Donovan successfully renewed her OCS and presented 2 sessions at NEXT in Boston, MA. She recently received a community engagement grant with Jason for their work on Go Baby Go. She is also serving on the Centennial Celebration committee for APTA.

Jason Craig has been appointed as the Director of graduate student academic success for the University. He also presented a session on clinical reasoning at NEXT with Skye and Diana .

Diana Venskus is continuing her passion for global education and is traveling to Panama and Nicaragua with students and faculty for 2 separate courses. In addition she is working on the Northern VA falls prevention grant and presented at NEXT 2017.

Marti Carroll continues her work bringing rehabilitation services to underserved populations around the

world. Most recently, Marti served on a medical team in the Dominican Republic and she continues her ongoing work in Romania with Romanian Christian Enterprises.

Cathy Elrod continues her work with Diana on the falls prevention grant and has 2 recent publications both in the American Journal of Hospice and Palliative Medicine: Tripken J, Elrod C, Bills S. Factors influencing advance care planning among older adults in two socioeconomically diverse living communities & Tripken, J Elrod C. Young adults' perspectives on advance care planning.

Rita Wong is the newly appointed Associate Provost for Research and Graduate Education



*Presenters at NEXT 2017;
Clinical Reasoning: Chasing
the Unicorn*

COMMENCEMENT 2017



CAMPUS EVENTS



PILATES INSTRUCTION
WITH MEGAN BELLAMY
BROWN CLASS OF 2001

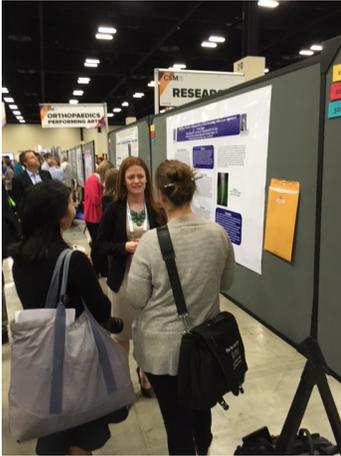


STUDENT RESEARCH DAY
POSTER PRESENTATION

Thanks to the amazing work of Becca Barnes and many of our 1st and 2nd year student ushers Commencement 2017 was a huge success. Thirty-seven students received their doctoral hoods. Angela Satava was the recipient of the excellence in academics award and Daanish Memon was the speaker for the graduate ceremony at DAR. Congratulations class of 2017! Welcome to a wonderful profession!

MARYMOUNT PT STUDENTS ON THE MOVE

MU PT was well represented at CSM in San



**CAROLYN DRISLANE
PRESENTING HER POSTER
AT CSM**

Antonio, TX. Several 2nd year students made the trip and have experiences and memories to last a lifetime. Second year student, Carolyn Drislane presented a poster in the performing arts special interest group in the Orthopedics section. MU PT also hosted a



**CINDY URUBURO ACTING AS A
VOLUNTEER AT NEXT**

happy hour on the Riverwalk. It was a great evening for students and alumni to mingle. In June, the first year class attended the 2017 NEXT conference in Boston. Here, many of our students acted as volunteers and were highly visible throughout the conference. We are so proud of the work they continue to do for the profession. Cindy Uruburo, even got to introduce Dr. Chuck Ciccone for his standing

room only talk on medical marijuana and the impact on rehabilitation. This Fall we are also ecstatic to announce two of our current students have been slated for a Board position on the national student assembly. Third year student Heather Littier is nominated for Secretary and second year student Cam Massumi is nominated for President. Both Heather and Cam will attend National Student Conclave in Portland, OR in November to deliver their statements in preparation for voting.



**October 19–21, 2017
PORTLAND**

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**CHRISTINE WALKER, BRITNEY HOLT,
PAULA TELLO AND HEATHER LITTIER AT
CSM IN A TALK GIVEN BY THE WOMEN'S
HEALTH SECTION**

ALUMNI SPOTLIGHT- CARLOS BERIO, CLASS OF 2009



I graduated from the University of Maryland with a BS in kinesiology before enrolling in the DPT program at MU. I have not stopped moving since graduation; both literally and figuratively. As the owner and creator of SPARK Physiotherapy, I am on my third expansion and relocation. SPARK, a cash-pay, value-first private practice, now occupies a 4,000 square foot space in Alexandria, VA allowing our team to showcase our talents in orthopedics and athletic development. I currently employ 6 staff members and have developed amazing relationships with amateur athletics organizations, local schools and the friends and family of even our earliest customers. At SPARK, we not only have a passion for manual therapy but we seek to elevate the field of PT by sharing the how and why of our successes. One of our goals is to share our philosophy with other manual PTs so they can implement it

into their own practices. I think this elevates our field and the work-play quality of the health seeking public around us. My wife Heidi and I have twin daughters, Ella and Sydney. I think my family misses me from time to time but they know that someday Daddy will get to step back and just enjoy what they've helped him build over all of these years. Follow SPARK physiotherapy on social media @SPARKphysio.

ORTHOPEDIC RESIDENCY WITH VA HOSPITAL



U.S. Department
of Veterans Affairs

The Washington DC Veterans Affairs Medical Center (DCVAMC) and MU PT established a Clinical Orthopedic Physical Therapy Residency Program. This fully accredited residency program offers the opportunity for licensed physical therapists to advance their knowledge and skills in preparation for advanced orthopedic manual physical therapy practice. Marymount University provides an essential didactic component of the residency including participation in the DPT curriculum through opportunities such as teaching and collaborating with faculty research. Unique clinical experiences at the DCVAMC are provided in a variety of clinical settings such as outpatient and inpatient orthopedic, rehabilitation medicine, polytrauma and traumatic brain injury, wheelchair/seating,



ABPTRFE
American Board of Physical Therapy
Residency and Fellowship Education

chronic pain and amputee rehabilitation. Residents are employed full-time by the DCVAMC for the duration of the 12-month program. Program development was spearheaded by Heather Malecki, PT, DPT. Heather is a MU PT alumnus class of 2001.

Candidates can apply as students, but acceptance is contingent on successful graduation and obtaining any state physical therapy licensure prior to the Fall start date of the residency rotation. Please email Heather.Malecki@va.gov with any questions.



Heather Malecki, PT, DPT, is the Polytrauma and Rehabilitation Coordinator for Physical Medicine & Rehabilitation at the Washington, DC VA Medical Center. She coordinates the VISA 5 Polytrauma

Network Site and Polytrauma Support Clinic Teams. She serves as the PT Residency Director, PT/TBI Fellowship Clinical Director and on the National VA Physical Therapy Federal Advisory Board.



2017 Orthopedic resident, Pam Ritzler, DPT helping out second year students in orthopedics lab

ALUMNI CONNECTIONS



FEDERAL ADVOCACY FORUM WITH SECILI DESTEFANO CLASS OF 2001 AND ADUNCT FACULTY CARRIE PAGLIANO



ORTHOPEDICS GRAND ROUNDS FOR PT STUDENTS WITH MIKE O'CONNOR CLASS OF 1999

SERVICE LEARNING TRIP-A NEW FRONTIER

The Marymount DPT program is pleased to announce a new location for the service learning trip- Nicaragua! Through the tireless efforts of Drs. Jason Craig and Diana Venskus the project at Manos Abiertos in Costa Rica is considered a sustainable PT clinic. Our PT students and faculty orchestrated the permanency of an important resource for medically underserved residents of Costa Rica; necessitating our moving to another community in need. This past June faculty visited Nicaragua to scout sites and communities for future projects. Stay tuned for more updates! It promises to be **Diakachimba** (as they say in Nicaragua!)



DIANA, SKYE & JASON IN CATARINA, NICARAGUA OVERLOOKING THE APOYOLLO LAGOON

MU PT LEADS

Students and faculty are increasing their involvement with the profession and the community in several new and important ways. Our building allows us greater flexibility to host courses, and to bring local partners on-site to collaborate. In the Spring, Dr. Erik Meira hosted a Hip course that was well attended. We have been fortunate to draw high caliber speakers and hope to involve many of our alumni and clinical partners. If you are interested in either hosting or attending a course please reach out to the department for more information.

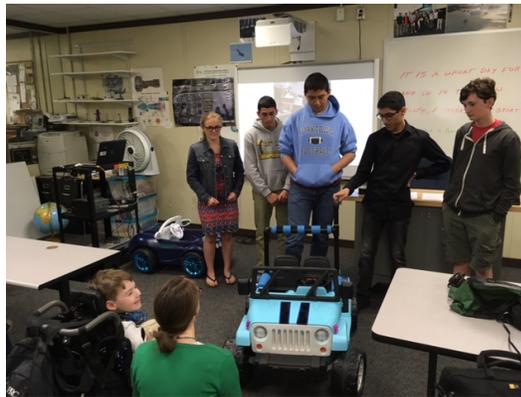


MU students are also taking advantage of the space to practice their skills to serve the community. Last Spring, in collaboration with Arlington Free Clinic, second year students visited a local gathering spot for construction workers. The students prepared booklets in advance in both Spanish and English and demonstrated simple yet effective injury prevention exercises. This new method of "go to where the people are" was eye opening for the students and they are



enthusiastic about trying this innovative model in other patient populations.

Go Baby Go has proudly donated over 50 cars to children with mobility challenges. This summer Jason and Skye ran a summer camp at Sidwell Friends with Amy O'Malley from Good Beginnings Occupational and Physical Therapy



Center for Children. During three week-long sessions, middle school campers built a total of 15 cars to give to kids in need. Also MU Go Baby Go has formed a partnership with Arlington Tech, a local STEM focused high school.

MU 5K APRIL 22, 2017



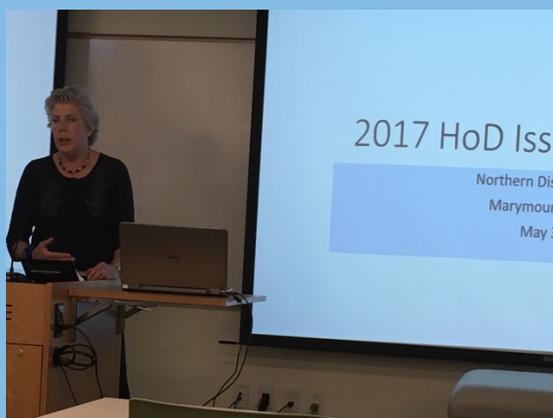
APTA CEO JUSTIN MOORE SHOWS UP TO RUN



2017 RACE COORDINATORS

SAVE THE DATE
APRIL 14, 2018
WWW.MARYMOUNT.EDU/5K

NORTHERN DISTRICT VPTA MEETING



On May 5th, it was standing room only as local clinicians and students packed room 230 in the PT Department to discuss the RCs coming before the APTA House of Delegates. Dr. Diana Venskus assigned students to research both the pro and con sides of the RCs and to present them "debate style" at the Virginia Northern District meeting. This format allowed for energetic discussion that engaged the students, faculty and local PT community. We look forward to next year's discussions. Thank you Diana for such an innovative way to help students ignite their passion in advocating for their profession.